

## Modified (Ketogenic) VLCD Plan

Modified Very Low-Calorie Diet (VLCD) is a strict, low carbohydrate way of eating. When the body is using mostly fat for energy, it makes ketones. This plan includes 2 protein shakes per day, along with 2 moderate protein, low carbohydrate meals. It is essential to drink enough water and take a multivitamin daily. If you experience constipation, consult with a registered dietitian to discuss fiber.

### Shakes

- 2 protein shakes

### 2 Meals/Day Lean Meat:

- 3-4 ounces (deck of cards size) or 2-3 eggs
- **No** breading or fried foods
- Up to 1 Tbsp Low-Calorie sauces (see last page)

### Vegetables

- 1 cup cooked (1.5 cups raw)
- Up to 1 Tbsp Low-Carbohydrate dressing (see last page)
- **No** potato, corn, peas, or winter squash

### Sample Schedule

**Breakfast:** 8 am - 2 eggs with colorful vegetables

**Snack:** 11:30 am - protein shake

**Snack:** 3 pm - protein shake

**Dinner:** 6 pm - 3-4 oz protein, 1-1.5 cups colorful vegetables

### Fluids

- 100 oz water (or more). This is in addition to the water in shakes.
- This may include some low-calorie drinks such as Crystal Light (< 5 calories/serving).
- **No** alcohol.

- Little or **no** caffeine.

### Extras (optional)

- Sugar-free gum (up to 6 sticks/day)
- Sugar-free jello (up to 2/day)
- Sugar-free popsicle (up to 2/day)

### Supplements

- **Multivitamin:** (make sure it has some magnesium) 1/day.
- **Fish oil:** 1000-2000mg twice daily (if you still have your gallbladder).
- You may continue any other standard vitamins you may be taking.

### Medicine Changes (while on VLCD)

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### Recommended Protein

- Fish (salmon, tuna, cod, haddock, perch, herring or sardines)
- Skinless chicken, turkey
- Lean pork, beef, ham
- Low fat cottage cheese
- Low-fat cheese
- Eggs

### Low Carbohydrate Vegetables

- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant

- Greens (mustard, kale, turnip, Swiss chard, spinach)
- Kohlrabi
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Salad greens (lettuce)
- Summer Squash
- Spaghetti Squash
- Tomato
- Turnips
- Water Chestnuts
- Zucchini

## Meal Ideas

### Breakfast

- 2 eggs scrambled with diced vegetables, ham, and ½ oz cheese.
- 2-egg omelet with 1 oz chicken breast and spinach, a few crumbles of feta cheese.

### Lunch

- 3 oz taco seasoned chicken breast over 2 cups of lettuce, 2 Tbsp of salsa, 1/2 oz cheese, diced tomatoes and peppers.
- 3 oz tuna with 1 tsp of Hellman's® Dijonaise with diced onions and celery, wrapped in lettuce leaf with sliced onions and tomatoes: with ½ cup cottage cheese.
- 4 oz chicken breast baked with 2 Tbsp of Hunt's® Canned Tomato Sauce with Italian seasonings and a side of 2 cups of cooked broccoli florets with 1 tsp of lemon juice and crushed black pepper.

## Dinner

- 4 oz tilapia topped with paprika, and 1 tsp of olive oil baked with a side of sautéed zucchini, carrots, onions, garlic, and 1 tsp of olive oil.
- 4 oz chicken breast baked, cooled, and sliced on top of 1 cup of spinach mixed with 1 cup of Romaine lettuce, some cherry tomatoes, a few coins of fresh carrots and 1 Tbsp of balsamic vinaigrette.
- 4 oz pork loin sautéed with ½ cups of onion and bell pepper. Mix in 1 tsp of avocado oil, seasoned with chili powder, black pepper, cumin, garlic powder and red chili flakes topped with 2 Tbsp of salsa.

## Seasonings and Spices

- **Beef:** dry mustard, marjoram, nutmeg, onion, sage, thyme, pepper, bay leaf
- **Pork:** Onion, garlic, sage
- **Lamb:** mint, garlic, rosemary, curry
- **Poultry:** paprika, mushrooms, thyme, sage, parsley
- **Fish:** dry mustard, paprika, curry, bay leaf, lemon juice, mushrooms
- **Eggs:** pepper, green pepper, mushrooms, dry mustard, paprika, curry
- **Asparagus:** lemon juice
- **Green beans:** marjoram, lemon juice, nutmeg, dill seed
- **Broccoli:** lemon juice
- **Cabbage:** mustard dressing, dill seed
- **Cauliflower:** nutmeg
- **Tomatoes:** basil, oregano

### Low Calorie Sauces

- Walden Farms<sup>®</sup> Dressings – 0g carb
- Frank's RedHot<sup>®</sup> Sauce – 0g carb
- Hellman's<sup>®</sup> Dijonnaise – 1 tsp = 1g carb
- Yellow/Brown Mustard – 1 tsp = 0-1g carb
- Low Sodium Soy Sauce – 1 Tbsp = 1g carb
- Lemon Juice – 1 Tbsp = 1g carb
- Salsa – 2 Tbsp = 2g carb
- Ortega<sup>™</sup> Taco Sauce – 1 Tbsp = 2g carb
- Canned Tomato Sauce (Hunt's<sup>®</sup>) – 2 Tbsp = 2g carb

### Oils

- Extra-virgin olive oil (cold pressed).
- Avocado oil is a good all-purpose cooking and frying oil and great for high heat cooking.

### Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at the phone number listed below.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH)  
**(608) 890-5500**

You can also visit our website at:

[www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8305.